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Too Busy to Exercise?

No time to fit in hour-long workouts? No sweat. You're more likely to make exercise a life-long habit if you weave it into your lifestyle – and make it enjoyable.

First, grab opportunities throughout the day to get up and move more. List some fun and easy ways to be active so you won't view exercise as one more thing you have to do.

How To Get Moving

- Do you laze in bed after your alarm goes off? Rouse yourself and **welcome the day with a walk** and a blast of fresh air.
- Do you watch TV every evening? **Set up a treadmill** or free weights in front of it, and work a little.
- **Do some errands on foot** – trips to the post office or market.
- **Just do some basics:** 2 sets of 8 strength-training exercises for 10 minutes.
- **Work up a sweat indoors** – sweep, vacuum, or wash floors, walls or windows.
- **Turn outdoor chores into exercise** – garden, rake leaves or sweep the driveway.
- **Ride a bike** or rollerblade around the neighborhood playfield.
- **Walk the kids to school** or the bus stop.
- **Walk through a shopping mall** or visit museums.
- **Pace while thinking** or talking on a phone.
- **Swim at a community pool** after work instead of passively watching TV.
- **Treat yourself to golf lessons.** Next time you're on the course, walk it.
- Hop in your car and **meet a friend for a scenic walk** in the park or along a beach.

BEST BITS

August is National Immunization Awareness Month – time for all of us to make sure we have all the vaccinations we need. Regardless of your age, gender, ethnicity or country of birth, immunizations are essential for protecting you, your family, friends and community against serious, life-threatening infections. Learn more about immunization at the CDC site (www.cdc.gov/vaccines/default.htm).

Save your sight – get tested for *glaucoma*, a degenerative disease that can lead to vision loss. The test is generally recommended before age 40, but ask your ophthalmologist (eye doctor) about your screening needs. The test is quick, noninvasive and pain-free. It

usually measures pressure inside the eye with a puff of air or an instrument applied directly to the eye. The FDA approved the new Perstat Glaucoma Test, which is 90% accurate.

More Info

www.keeptoyoursight.com/index.php?referral=aDiM

Sources:

"What to Expect From a Comprehensive Eye Exam." All About Vision, 8/07. Accessed on 8/28/09 at www.allaboutvision.com/eye-exam/expect.htm.

"Online Glaucoma Test Now Free." USA Eyes Surgeon Certification, 2008. Accessed on 8/29/08 at www.usaeyes.org/lasik/library/online-glaucoma-test.htm.

The 4th leading cause of death in the U.S. is *chronic obstructive pulmonary disease (COPD)* – a condition that includes emphysema and chronic bronchitis. It may be the 3rd top killer by 2020. Smoking causes about 80-90% of COPD-related deaths. Kick smoking with help from the American Cancer Society (www.cancer.org).

Source: "What is Chronic Obstructive Pulmonary Disease?" American Lung Association, 2009.

Accessed 4/16/09 at

www.lungusa.org/site/apps/nlnet/content3.aspx?c=dvLUK900E&b=2058829&content_id={12C9AADB-157F-4ABB-A4C4-FC694FBE0323}¬oc=1.

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SPECIAL REPORT

What Food Packages Tell You

You can learn a lot about packaged foods from their labels. It's all at your fingertips – from serving size, calories and fat to ingredients, allergy cautions and even claims about health benefits. If you usually skip over food labels because they look confusing or hard to read, use the following guidelines when you shop (and take along your reading glasses), so you can fill your kitchen with healthy foods.

The Nutrition Facts Panel

This standard label (sample at right) is required on most packaged and processed foods. Review the details below that correspond to the diagram.

1 Start here: Standardized serving sizes allow you to easily compare similar foods. *Tip:* Official serving sizes are often smaller than people consume, say some experts.

2 Check calories: The number of servings determines the calories you consume. *Tip:* To learn if the calorie count is low or high per single serving, use this FDA guide: 40 calories per serving = low; 100 calories per serving = moderate; and 400 calories per serving = high.

3 Limit these: Eating excess fat, sodium, sugar or cholesterol may raise the risk for heart disease and other chronic conditions.

4 Get enough of these: Many people fall short on fiber and the nutrients listed below the heavy black bar.

5 NOTE: These numbers are based on a daily 2,000-calorie diet. Your calorie goal may differ, depending on your daily calorie needs.

Health Claims on Labels

When approved by the federal government, some food companies can state that certain levels (e.g., high or low) of a food or nutrient in their product may reduce the risk of certain health conditions. FDA-approved food-health associations include: calcium – osteoporosis; saturated and trans fats and cholesterol – heart disease; fiber – heart disease; sodium – blood pressure; fruits and vegetables – cancer; folic acid – neural tube defects (brain and spinal cord defects that can occur in pregnancy). For full wording of these claims, go to: www.cfsan.fda.gov/~dms/2lg-xc.html.

Because of these food-health associations, food manufacturers are producing more “functional foods” designed to supplement a product’s basic nutritional value with added health benefits. Examples: juices fortified with calcium; cereals fortified with folic acid; and milk fortified with calcium and vitamin D.

Free, Low, Lean?

What does it all mean?

{FREE}

Contains no (or a very small) amount of fat, saturated fat, sugar, sodium or calories

{NO-CALORIE}

Fewer than 5 calories per serving

{LOW}

Contains the following per serving:

Low Calorie = 40 or less

Low Saturated Fat = 1 g or less

Low Total Fat = 3 g or less

Low Sodium = 140 mg or less

Low Cholesterol= 20 mg or less

{LEAN}

Refers to cuts of meat, poultry and seafood – per serving:

Saturated Fat = 4.5 g or less

Total Fat = less than 10 g

Cholesterol= less than 95 mg

{EXTRA LEAN}

Contains the following per serving:

Saturated Fat = less than 2 g

Total Fat = less than 5 g

Cholesterol= less than 95 mg

Sources:

“Health Claims that Meet Significant Scientific Agreement.” FDA, 1/28/09. Accessed 3/18/09 at www.cfsan.fda.gov.

“Make Your Calories Count.” FDA, 11/20/06. Accessed 3/18/09 at www.cfsan.fda.gov/~ear/hwm/hwmsk01.html.

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FITNESS GUIDELINES

Why Are You Being A Couch Spud?

Many people try to fit in exercise. If only they’d just get up and do it! Time is a major factor, of course. But if you can master the other obstacles listed here, you’ll find it’s easier to fit exercise into your day.

I’m too tired. Being out of shape tires you. A few minutes of activity every day can boost your energy.

I’m too out of shape. If your life is sedentary, start easy and keep this in mind – exercising for 10 minutes 3 times a day or 15 minutes twice a day is as effective as exercising non-stop for 30 minutes. And everyday physical chores count toward your 30 minutes.

I’m too embarrassed. Break a sweat at home. Many people use videos or exercise

equipment at home, where the climate doesn't matter, and it's cheaper than a health club.

I find it boring. Find something fun – take a dance class, bike on your favorite trails, exercise with a buddy or join a hiking group.

I have health problems. With your provider's advice, you can exercise moderately – even if you have arthritis, asthma or heart disease.

I find it uncomfortable. Walking is usually a good activity for beginners and people with limited mobility. Just follow your own pace – getting injured from overdoing it is a major reason people avoid exercise.

I just don't feel like it. Don't push yourself if you're unwell. If you're unmotivated, set targets you can actually reach. For example, if you walk a mile 5 times a week for a month, treat yourself to a non-food reward, such as a CD or a movie.

NOTE: If you're not used to physical activity, consult your provider before you begin a new exercise program.

Source:

Barbara Russi Sarnataro. "Conquer Your Fitness Fears." WebMD, 12/14/05. Accessed 4/9/09 at www.webmd.com/fitness-exercise/guide/hate-exercise?

10 Ways to Lose 10 Pounds

Dropping 1-2 pounds per week is a healthy rate of weight loss. The best strategy? Watch the calories you consume and burn. Use these guidelines from the Partnership for Healthy Weight Management.

1. Plan the first few weeks of your weight loss in detail. Create exercise routines and menus to keep you on track until they're automatic. *Tip:* To lose a pound a week, cut 500 calories per day by eating 250 fewer calories and burning 250 more calories with activity.

2. To keep up your metabolism (calorie-burning rate), lower your calorie intake and raise your activity level. Be aware that metabolism may slow with age.

3. Read food labels. Check calories and fat per serving, even on products labeled "light".

4. Walk, jog, garden ... Aim for 30 minutes of extra physical activity daily and vary your activities.

5. Stay hydrated with water. Avoid sugary and alcoholic beverages – they can add hundreds of calories to your daily diet.

6. Avoid fad diets that cut out entire food groups. You miss out on essential vitamins, minerals, and fiber that could impact your health and zap your energy.

7. Make sure your meals taste good. Between meals, include satisfying, nutritious snacks.

8. Be realistic, and respect your individuality. We're all built differently and lose weight differently. Find a personal plan that suits you.

9. Think long-term – exercise and healthy eating are life-long pursuits. Once you lose the 10 pounds, be ready for maintenance – make flavorful light cuisine and pleasant exercise part of your lifestyle.

10. Ask a pro. If you see no progress, seek guidance and encouragement from your health care provider, a personal trainer or coach.

With some dedication, you can lose those stubborn 10 pounds in 5-10 weeks!

Sources:

"Setting Goals for Weight Loss." Partnership for Healthy Weight Management, 2009. Accessed 3/20/09 at www.consumer.gov/weightloss/setgoals.htm.

Bren, Linda. "Losing Weight: Start By Counting Calories." FDA, 2002. Accessed 3/30/09 at www.fda.gov/FDAC/features/2002/102_fat.html.

GOAL LINE No time to work at the gym? Working in the yard burns calories and tones muscles too. Beautify your garden and your body.

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BALANCE WORK & FAMILY

Back-To-School *Checklist*

Summer vacation is winding down and if you're like most parents, you're eyeing back-to-school sales and trying to get your kids ready for the academic routine.

Here's a list of reminders to start the school year smart:

Immunizations – Check with your pediatrician to make sure your children have all the

recommended shots. Not being current may prevent your child from attending school (state requirements vary). *Tip:* College students also need to keep vaccinations current; infectious diseases spread easily in communal living areas such as dormitories.

Health issues – Inform the school ahead of time if your child has allergies or conditions such as diabetes. Determine if a nurse is on staff. Learn the school’s policy for reducing sensitive children’s exposure to potentially allergenic foods, such as peanuts.

Routine – Don’t wait until the night before the first day of school to change your child’s bedtime. Give them a few weeks to adjust to the school schedule.

Stuff – Many schools require the student to bring supplies, such as art materials. Get a list and shop ahead of time.

Backpacks – Show younger children how to use backpacks to avoid strain and injury. Remind older kids about overloading their packs. A backpack should not weigh more than 10-20% of a child’s weight.

Source:

“Consumer Focus: Back to School.” FCIC, 2009. Accessed 3/18/09 at www.pueblo.gsa.gov/cfocus/cfschool06/focus.htm.

MIND YOUR MENTAL HEALTH

Good Timing

Do you manage your time at work or does it manage you? Check the items that apply to you:

- ☐ I’m busy all the time, yet most days I feel as if I’ve made little progress.
- ☐ I always feel as if I’m trying to catch up.
- ☐ I often miss deadlines that I’ve set for myself.
- ☐ I get irritated when I must let go of work I feel isn’t perfect.
- ☐ I tend to take on more even when my plate is full.
- ☐ I’m not sure where my time goes or how I’m using it.
- ☐ I shortchange myself on sleep, healthy meals and/or leisure activities so I can get “more” done.

If you checked more than 2 items, especially the last one, you will benefit from the following time management strategies on the job.

Find a paper or electronic planner that works for you. Schedule virtually every project and obligation in it and use it to manage your day.

Create routines, such as when you'll check email, address difficult tasks most efficiently, and take breaks for meals or exercise.

Plan tasks each week according to high, medium or low priority.

Be selective about information. Reduce the unnecessary email, Internet browsing, reading and meetings.

Derail interruptions when you're working. Let others know when you shouldn't be interrupted.

Tidy your workspace to avoid wasted time hunting for stuff.

Cut the chatter. Gabfests are part of the workplace, but be aware of what they cost you in time.

Avoid striving for "perfection" when "good" will suffice, and the results are effective.

Here are 2 tips that can save you hours of unexpected delays and frustration: **1** Don't forget that the typical day is filled with decisions that can easily consume your time. Be flexible and stay cool. **2** Always allow time weekly for planning – how and when you will complete the tasks ahead.

Source: "21 Ways to Save Time." Oakstone Publishing, LLC, dba Personal Best. 2008

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SELF CARE

8-Part Stroke Prevention

By Elizabeth Smoots, MD FAAFP

True or false? Up to 80% of strokes are preventable. The answer is "true." Here are the key steps to prevention from the National Stroke Association:

1. Check your blood pressure. Have your provider get a reading at least once every 2 years. High blood pressure causes your blood vessel walls to thicken or weaken. This can result in blockage or breakage of a blood vessel in the brain, 2 common causes of stroke.

2. Learn if you have *atrial fibrillation*. Your provider can check for an irregular pulse; an EKG (electrocardiogram) can confirm the diagnosis and possible need for blood thinners to prevent stroke.

3. Stop playing with fire. Your stroke risk goes up 2-fold if you use tobacco.

4. Limit alcohol. Too much alcohol can triple your risk for stroke. The recommended daily limit is 1 drink for women and 2 for men.

5. Limit salt intake. Recommendation: 2,300 milligrams of sodium per day, or 1,500

milligrams if you're middle-aged or older.

6. Watch blood sugar and cholesterol. Ask your provider if you need diabetes and cholesterol screening based on your health history.

7. Promote good blood circulation. If you have risks for cardiovascular disease, work with your provider to control them. Include 2.5 hours of moderate exercise weekly, preferably aerobic.

8. Act fast if you have symptoms. Call 911 and get tested and treated immediately, if you show signs of stroke.

SIGNS of STROKE

The symptoms of stroke typically occur suddenly and include:

- severe headache
- trouble walking, dizziness or loss of balance
- trouble seeing
- confusion, trouble speaking or comprehending
- numbness or weakness of face, arm or leg, especially on one side

MORE INFO

National Stroke Association: www.stroke.org

Source: "Public stroke prevention guidelines." National Stroke Association, 2009. Accessed 3/24/09 at www.stroke.org/site/PageServer?pagename=PREVENT.

Teeth Whitening Over the Counter?

You can whiten your teeth with a variety of over-the-counter products, but are they effective and safe?

At-home procedures bleach tooth enamel with a carbamide peroxide or hydrogen peroxide in different concentrations, usually in gel form.

Whiteners may not give you the bright white teeth you expect. They may not work on certain types of stains, on dental work, if teeth aren't naturally white, or if teeth have naturally discolored with age.

The dark side of whitening: Some products and procedures can cause temperature sensitivity in teeth. Over-bleaching can cause translucency, making teeth appear gray.

Bottom line: Check with your dentist about these concerns and before using any OTC whitener.

Sources:

"Is Tooth Bleaching Safe?" Dental Health Magazine, 7/13/08. Accessed 3/25/09 at <http://worldental.org/teeth/is-tooth-bleaching-safe/>.

"Tooth Whitening Treatments." American Dental Association, 2009. Accessed 3/25/09 at www.ada.org/public/topics/whitening_faq.asp.

Feeling Faint?

Fainting is a momentary loss of consciousness due to reduced blood flow to the brain. It may occur while standing up too fast; during intense activity, especially in hot weather; breathing too fast (hyperventilating); or getting upset. Fainting is sometimes related to medications, such as for high blood pressure or a drop in blood sugar, caused by diabetes or not eating.

WHAT TO DO: If you feel dizzy or faint, sit for a few minutes with your head between your knees to increase blood flow to the brain. When you feel better, stand up slowly. Report any fainting spells to your provider.

Sources:

"Fainting." Medline Plus, 3/3/09. Accessed 3/25/09 at www.nlm.nih.gov/MEDLINEPLUS/ency/article/003092.htm.

"Fainting." AAFP, 4/08. Accessed 3/25/09 at familydoctor.org/online/famdocen/home/articles/065.html.

GOAL LINE When quitting smoking, keep busy with a hobby or physical activity. Empty hands tempt you to light up.

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SAFETY SOLUTIONS

QUIZ: Kitchen Safety

Your kitchen is a haven for gathering family and friends and multiple activities – no wonder it's also a place prone to safety hazards. A Home Safety Council Survey found that 70% of survey respondents do not take preventive steps even though they're aware of kitchen risks.

Check: How safe are you in the kitchen?

True False

1. Dishtowels, paper bags, curtains and other flammable items should be placed at least 1 1/2 feet away from the heat of the range top.
2. “*Stop, Drop, Roll and Cool*” is the old-fashioned strategy to put out a fire on clothing. Douse it out with a wet cloth instead.
3. Wearing loose clothing while cooking is a hazard.
4. To prevent scalding, set the hot water heater to 120°F or lower.
5. After microwaving foods, remove their covers quickly to prevent steam burns.
6. Only grease spills need to be wiped up immediately to prevent slips.
7. Chemical cleansers and other toxic products can be stored near food as long as they are sealed properly.
8. In the kitchen, covered trash cans keep odors in and young children and pets out.

ANSWERS

1. *False.* Keep all flammable items at least 3 feet away from the range.
2. *False.* Teach young children the tried and true method – “*Stop, Drop, Roll and Cool.*” Drop to the ground, cross hands to chest, and roll over and over or back and forth until the fire is out. Get immediate treatment for burns.
3. *True.* Roll up your sleeves when cooking and don't wear anything that dangles over the heat or flame, such as a scarf, tie or jewelry, where they could catch fire.
4. *True.* Look for tub spouts and showerheads with anti-scald features.
5. *False.* Let microwaved food cool for a few minutes before uncovering; follow package directions. Do a touch test for temperature before eating; heat is distributed unevenly in microwaved foods.
6. *False.* Any spilled liquid or food can cause slips, whether it's grease, dry cereal, a banana peel or plain old water. Keep floors clear of clutter, too – toys, shoes – anything that poses a tripping hazard.
7. *False.* Store toxic products in their original containers, away from foods and out of toddlers' reach.

8. *True*. A covered trashcan helps reduce exposure to germs. Teach kids to avoid touching the lids.

Sources:

"Home Safety Council Unveils New National Research ... For Home Safety Month in June." Home Safety Council, 2009. Accessed 3/27/09 at www.prnewswire.com/mnr/hsc/33435.

"Home Safety Council Says 'Get a Taste' for Safety When Cooking." Home Safety Council, 2009. Accessed 3/25/09 at www.homesafetycouncil.org/safety_guide/sg_kitchen_w001.aspx.

Plastic Containers in Question

Some types of plastic packaging may pose a health hazard. Here's why: The compound *Bisphenol A* (BPA) is used to form *polycarbonate plastic*, a substance found in plastic containers such as bottles and lining of food cans. Reports show BPA can leach into food and liquid when exposed to heat or heavy use.

For now, the FDA says that exposure to BPA in the U.S. is below toxic levels, while researchers continue to debate its potential health risks. Until they learn more, you can reduce your exposure:

- Do not reuse single-use plastic items, such as bottles.
- Choose paper or cardboard packages and glass baby bottles.
- Do not wash plastic containers in hot water.

Tip: Avoid containers with the 7 recycling symbol, which identifies them as containing BPA. Safer recycling numbers are 1, 2, 4 or 5.

Sources:

"BPAAway." *Nutrition Action Healthletter*, April 2009:9-11.

"Plastic (Not) Fantastic: Food Containers Leach a Potentially Harmful Chemical." Scientific American, Inc., 2/19/08. Accessed 3/25/09 at www.sciam.com/article.cfm?id=plastic-not-fantastic-with-bisphenol-a.

"Plastics and the Microwave." U.S. Food and Drug Administration, 11-12/02. Accessed 3/25/09 at www.fda.gov/FDAC/features/2002/602_plastic.html.

"FDA's Draft Assessment of Bisphenol A". U.S. Food and Drug Administration, 8/14/08. Accessed at www.fda.gov/ohrms/dockets/ac/08/briefing/2008-0038b1_01_02_FDA%20BPA%20Draft%20Assessment.pdf.

Caution With Glass Tables:

Children can be injured by shattered glass in tables after sitting, jumping or falling on them, or knocking them over; so can adults. Consider buying only tables with tempered

glass. It's 4-5 times stronger than standard glass and breaks into small fragments less likely to cut. Ask for tempered glass, or choose solid furniture instead. More than 20,000 serious injuries from broken standard glass in furniture occur each year in the U.S.

Source:

"Glass tables: an overlooked safety threat." Children's Hospital Boston, 5/16/09. Accessed 3/18/09 at www.childrenshospital.org/newsroom/Site1339/mainpageS1339P1sublevel516.

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NUTRITION

What's for Breakfast?

Think outside the box. *By Cynthia Gale, M.S., R.D.*

You've heard health experts say it – breakfast is the most important meal of your day. Yet, 20% of Americans skip it!

Breakfast sets the pace for your day, physically and mentally. Without it, you may find yourself wilted and ready to raid the vending machine mid-morning.

Adults who eat breakfast have better concentration and productivity in the morning, and tend to maintain a healthier weight than people who skip it. Children who eat breakfast also show better concentration, alertness and creativity.

Sugary cereals just don't stick to your ribs. They are quickly absorbed and may soon leave you hungry. However, high-fiber, whole-grain cereals such as oatmeal and bran flakes are absorbed more slowly and, with low-fat or nonfat milk, they may supply more long-lasting energy.

Breakfast can be more than cereal and still be a breeze to fix come sun-up. For a balanced meal that delivers your nutritional needs choose fruits, whole grain breads, lean protein and low-fat dairy products. *Examples:* A banana or juice, whole-wheat toast, and a boiled egg or yogurt.

To make breakfast a healthy habit, plan some easy weekly breakfast menus. You might also set it up the night before to save time in the morning. Keep breakfast foods on hand that require little preparation.

Sources:

"During National Nutrition Month 2004, [ADA] says breakfast is the most important meal of the day." American Dietetic Association, 2004. Accessed 3/27/09 at www.eatright.org.

"Breakfast Basics" Breakfast Research Institute, 2/27/08. Accessed 3/29/09 at www.breakfastresearchinstitute.org/breakfastbasics/whybreakfast/whyBreakfast.cfm.

Delicious Day-Starters To Go:

- Peanut butter on apple slices or whole-wheat muffin
- Parfait made with cottage cheese and fruit
- Greek yogurt with fruit and granola
- Whole-wheat tortilla with low-fat cheese heated in a microwave oven
- Smoothies with milk or juice, protein powder and fruit
- Whole-grain bagel with low-fat cream cheese and smoked salmon.
- Leftover lean meat or fish fillet and fruit or vegetable sticks.
- Chopped hard boiled egg stuffed in a whole-wheat pita pocket
- A bag of dry cereal mixed with nuts and dried fruit

Start your healthy breakfast habit with our Quiche Cups To Go.

RECIPE OF THE MONTH

Quiche Cups To Go

You can freeze these make-ahead breakfast treats, then reheat them in a microwave oven. Use any combination of vegetables and cheese you like.

10 oz. package frozen chopped spinach, thawed and drained

$\frac{3}{4}$ cup egg substitute

$\frac{3}{4}$ cup shredded reduced fat cheese

$\frac{1}{4}$ cup red bell pepper, diced

$\frac{1}{4}$ cup onion, diced

1 Line 12 muffin tins with baking cups. Moisten the cups with cooking oil spray.

2 Combine all ingredients in a bowl and mix well.

3 Divide mixture evenly among baking cups.

4 Bake at 350°F for about 20 minutes, until a knife inserted in the center comes out clean.

MAKES 12 MUFFINS

Per serving (1 muffin): 77 calories | 9g protein | 3g total fat | 2g saturated fat 10mg cholesterol | 3g carbs | 2g fiber | 160mg sodium

GOAL LINE Dining out? High-calorie starters such as bread and wine add up. Order a vegetable plate instead.

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EXPERT ADVICE

Elizabeth Smoots, MD, FAAFP

Q Houseplants clean air?

A Growing plants indoors may reduce air pollution, according to NASA. Furniture, carpets, building materials and cleansers release numerous chemicals indoors. Scientists have linked these pollutants to nose and throat irritation, allergies, asthma, fatigue, and headaches. Plants can neutralize air pollutants, such as formaldehyde, benzene and ammonia.

Plant leaves absorb toxic compounds and break them down into smaller nontoxic forms that nourish the plant. In addition, plants pull air down around their roots, where soil microbes absorb and use air pollutants for food and energy.

Some of the best plants for removing indoor air pollutants:

Formaldehyde: Boston fern, chrysanthemum, bamboo palm, rubber plant and English ivy.

Benzene: Gerbera daisy, chrysanthemum, spider plant and peace lily.

Ammonia: Anthurium and chrysanthemum.

The number of plants you need depends on room size, air pollution level, and plant size and type.

Sources:

Lynne Eldridge, MD. *Avoiding Cancer One Day at a Time*. Beaver's Pond Press, 2007.

BC Wolverton, PhD. *How to Grow Fresh Air*. Penguin Books, 1997.

Q Risk with nutrient supplements?

A Before using an herbal or nutrient supplement, consider these points:

Safety: Remember, “natural” does not mean harmless. The herb kava, for example, has been linked to liver damage. Bitter orange or ephedra supplements can contribute to heart attack, stroke or irregular heartbeats. Learn about side effects before purchasing dietary supplements.

Reliability: Federal regulations do not require manufacturers of herbal products and vitamin or mineral supplements to prove their claims. If possible, research each product; if you have questions, talk to your provider.

Drug interactions: St. John's wort decreases the effectiveness of certain prescription drugs, while other herbs increase sedation from anesthetics during surgery. To prevent drug interactions, inform your provider about all your supplements and prescription or over-the-counter drugs.

Know your needs: Taking unnecessary or high doses of supplements can be a waste. *Better:* Try to get your nutrients from whole foods.

Source: "Are you considering using CAM?" National Center for Complementary & Alternative Medicine, 12/06. Accessed 3/27/09 at <http://nccam.nih.gov/health/decisions/consideringcam.htm>.

QUICK STUDIES

New hope for gout? Gout is an increasingly common form of arthritis, especially in men. Risk factors include obesity, heavy beer drinking, high intake of shellfish or liver and excessive consumption of high-fructose corn syrup (found in soft drinks and processed foods). New research suggests that vitamin C may help: A study of nearly 50,000 men showed that taking 1,500 mg a day substantially reduced their risk of getting gout.

Conclusion: If you have gout in your family, consider taking extra vitamin C. Get your provider's okay first.

Source:

"Million Women Study Shows Even Moderate Alcohol Consumption Associated With Increased Cancer Risk." Science Daily, 2/26/09. Accessed 4/8/09
www.sciencedaily.com/releases/2009/02/090224163555.htm.

Good news about lead – fewer young children have high lead levels compared to 20 years ago, thanks to removal of lead from soil, paint and water. In the most recent government health survey in 2004, 1.4% of 5,000 children ages 1-5 had elevated lead levels in their blood compared to 9% in 1988. Elevated lead levels in blood are 10 micrograms per deciliter of blood. Children are especially vulnerable to lead poisoning; symptoms include difficulty concentrating and learning.

Source:

"Trends in Blood Lead Levels and Blood Lead Testing Among U.S. Children Aged 1 to 5 years, 1988-2004." Pediatrics, 2009. Accessed 3/2/09 at
<http://www.pediatrics.org/cgi/content/full/123/3/e376>.